

Apple-Carrot Bread

Preparation time	20 minutes
Cooking time	60 minutes
Servings	10
Cost per serving	32¢
Storage	4 days in the fridge. Can be frozen.

Kitchen tools Measuring cups and spoons, grater, cutting board, sharp knife, vegetable peeler or small sharp knife, 9 x 5-inch bread pan, parchment paper (or oil), small bowl, wooden spoon, large bowl, spatula, fork



Ingredients



375 ml (1½ cup)
whole-wheat flour



10 ml (2 tsp)
ground cinnamon



10 ml (2 tsp)
baking powder



2.5 ml (½ tsp)
baking soda



2.5 ml (½ tsp)
salt



125 ml (½ cup)
canola oil



250 ml (1 cup)
brown sugar



2 eggs



80 ml (⅓ cup)
milk

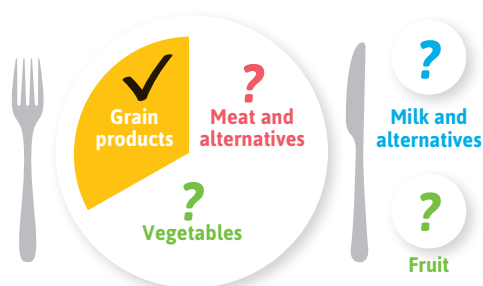


375 ml (1½ cup) carrots,
peeled and grated
(1 to 2 carrots)



1 apple,
peeled and grated

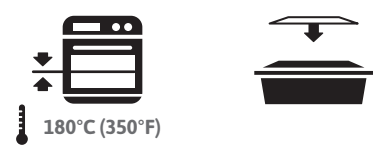





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Balanced plate

✓ Delicious served with a glass of milk or fortified soy beverage

Directions

1	Place oven rack in the middle position and preheat the oven to 180 °C (350 °F). Oil a bread pan or cover with parchment paper.	
2	In a small bowl, combine the flour, cinnamon, baking powder, baking soda and salt . Set aside.	
3	In a large bowl, add the oil, brown sugar and eggs and mix with a fork.	
4	Add the milk, carrots and apple and mix a little more. Variation: You can add nuts, raisins or dried cranberries.	
5	Add the flour mixture and stir together gently with a spatula until the preparation has a smooth and even texture. Pour into the bread pan.	
6	Bake for about 1 hour, or until the top is brown and a toothpick inserted in the centre comes out clean. Allow to cool before slicing and serving.	

My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition